**Two Days of Healthy Meals Mini-Project**

Using what we’ve learned about macronutrients (protein, fats, and carbohydrates) and micronutrients (vitamins and minerals), plan breakfast, lunch and dinner for two days **(6 meals)**. You should use what you’ve learned about healthy choice to guide you. You will need to be specific- if you’re going to eat lasagna for dinner, you will need to tell us what the ingredients are.

**The following must be included:**

* List the amount of calories, fat, saturated fat, carbs, fiber and protein for each item
* Include serving size of what you are consuming
* Entire daily intake must fall within the daily nutrition intake ranges.
* List any essential nutrients and minerals you would receive from each item.

**Total daily nutrition intake ranges:**

* Daily calorie intake: 2,000-2,500
* Daily total fat intake: 65g-80g
* Daily saturated fat intake: 20g-25g
* Daily carbs intake: 300g-375g
* Daily fiber intake: 25g-30g
* Daily protein intake: 40g-60g

At the end, you will write a paragraph explaining the ideas that guided you in creating your menu. For example, knowing that saturated fat contributes to heart disease, you may have chosen to limit the saturated fat in your menu. You should write at least five sentences to explain how you created your menu.

You can use these guidelines from the Harvard School of Public Health.

